



# FGM COMMUNITY CENTER

## April 2024

### WHAT TO EXPECT

Registration is open on a monthly basis and needed for program attendance.

Forms are available in the info box & on Facebook with the Calendar.\*\*Some classes are drop-in friendly and/or have external registration which are not listed on the form. Return completed form to the front desk or email to: fgcc@chathamcounty.org.

### COMMUNITY ENRICHMENT



### DROP-IN CLASSES & PROGRAMS

**WALKIE TALKIES, QI GONG (YO-QI), BODY GROOVE: 30 MIN INDOOR CLASS W/ VIDEO OR MUSIC GUIDED BY STAFF.**

### SPECIAL EVENTS:

**4/16 @ 11AM- \$5 QI GONG W/ LISA  
GREAT FOR ALL LEVELS, 1 HOUR OF BALANCE & WELL BEING.**

**4/20 @ 5:30PM- FREE EVENT: SPRING GARDEN SHOW - PLANT SWAP & ACTIVITIES FOR THE ENTIRE FAMILY! REGISTER ON THE FACEBOOK EVENT LINK OR CALL THE FRONT DESK TO PARTICIPATE**

**WEDNESDAYS @ 11AM BINGOCIZE 1 HR CLASS- FREE 8 WEEK OFFERING BY MEMORIAL HEALTH-COME JOIN THE FUN! GRADUATION IS 4/24!**

**4/5 @ 1:00PM-\$2 MATINEE MOVIE, SHOWING: "WAR WITH GRANDPA" -IT'S SPRING BREAK, KIDS ARE FREE! INCLUDES REFRESHMENTS AND COMFORTABLE SEAT CUSHIONS**

**4/23 @ 6:30PM - YIN YOGA + SOUND DONATION BASED CLASS. GENTLE POSES AND SOUND THERAPY COMBINED FOR HEALING & STRESS RELIEF. REGISTER**



### CAREGIVER SUPPORT GROUP

**4/9 1:00-2:30PM HOSTED BY EDEL CAREGIVER INSTITUTE. COME BY FOR SUPPORT & RESOURCES TO ASSIST YOUR NEEDS AS A CAREGIVER TO A LOVED ONE.**

CALL US 912.898.3320

## WELLNESS CLASSES

**BRING YOUR OWN WATER & MAT TO CLASS- NO FLIP FLOPS OR SLIDES**

### SPRY CHAIR +MAT & \$DONATION 45MIN

Start with seated yoga, progressing to standing poses and end on the mat. You only have to get down & up once for this class. Modifications available, great for all levels! SPRY MAT is 55 min\*

### YOGA101 / \$DONATION 55MIN

Mat yoga basics for flexibility & strength

### PILATES / \$DONATION 55MIN

Mat pilates using various small apparatus for developing a strong core & flexibility. CLASS IS gentle- intermediate. \*ADVANCED- 45min class

### TIGHT & TONE / \$5 1HR

Join Kelli W for an energetic session of low impact, cardio & toning....and bring your mat for the stretch portion of class!

### BEGINNER LINEDANCE/\$DONATION 1 HR

Join Bonnie as you learn the basics of line dance!

### STRETCH IT OUT/ \$DONATION 30MIN

A great beginner class of seated/standing stretches & low impact cardio movement for a morning boost!

### GET EXCITED & MOVE -GEM / \$DONATION 45MIN

Get strong, stable and flexible with Rebecca

### SIT & BE FIT / \$DONATION 45MIN

Fitness is fun in this inclusive fitness class! Completely seated movements that include stretching & various props to improve mobility, posture & muscle strength.

## EVENTS



**MONDAYS-10-11AM \$2 TO PLAY FOR PRIZES.**

**4/22 LUNCH BUNCH 11:15AM \$3 REGISTER @ FRONT DESK**



**MONDAYS & WEDNESDAYS 9AM-3PM  
~ THE TAX COMMISSIONER'S OFFICE PROVIDES SERVICES FOR BOTH TAG & PROPERTY TRANSACTIONS. TO MAKE YOUR APPT: CALL (912) 652-7100 OR VISIT TAX.CHATHAMCOUNTYGA.GOV**